

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 per person – Resident
\$33 per person – Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4600 10-Adult Nov 8 Sat 10:00 am-5:00 pm

Adult

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

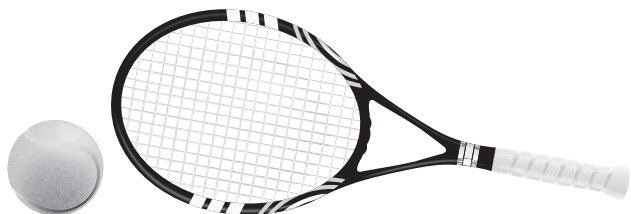
Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4579 16 yrs & up Oct 4-Nov 22 Beg Sat 9:00-10:00 am

Act#: 4580 16 yrs & up Oct 4-Nov 22 Int Sat 10:00-11:00 am



Get Golf Ready

Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center staff

Fee: \$129 per person – Resident
\$134 per person – Non-Resident
(4-week session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4601	18 yrs & up	Sep 4-25	Thu	6:00-7:00 pm
Act#: 4602	18 yrs & up	Sep 7-28	Sun	1:00-2:00 pm
Act#: 4603	18 yrs & up	Sep 10-Oct 1	Wed	6:00-7:00 pm
Act#: 4604	18 yrs & up	Sep 13-Oct 4	Sat	12:00-1:00 pm
Act#: 4605	18 yrs & up	Sep 19-Oct 10	Fri	7:00-8:00 pm
Act#: 4606	18 yrs & up	Sep 21-Oct 12	Sun	12:00-1:00 pm
Act#: 4607	18 yrs & up	Oct 2-23	Thu	5:00-6:00 pm
Act#: 4608	18 yrs & up	Oct 5-26	Sun	12:00 -1:00 pm
Act#: 4609	18 yrs & up	Oct 8-29	Wed	7:00-8:00 pm
Act#: 4610	18 yrs & up	Oct 11-Nov 1	Sat	1:00-2:00 pm
Act#: 4611	18 yrs & up	Oct 17-Nov 7	Fri	6:00-7:00 pm
Act#: 4612	18 yrs & up	Oct 19-Nov 9	Sun	1:00-2:00 pm
Act#: 4613	18 yrs & up	Nov 6-27	Thu	6:00-7:00 pm
Act#: 4614	18 yrs & up	Nov 9-30	Sun	1:00-2:00 pm
Act#: 4615	18 yrs & up	Nov 12-Dec 3	Wed	6:00-7:00 pm
Act#: 4616	18 yrs & up	Nov 15-Dec 6	Sat	1:00-2:00 pm
Act#: 4617	18 yrs & up	Nov 18-Dec 9	Tue	7:00-8:00 pm
Act#: 4618	18 yrs & up	Nov 23-Dec 14	Sun	12:00-1:00 pm

Candlelight Yoga Flow

In this course, participants will be taken through a Vinyasa/Hatha flow within a room full of candles. Students will experience the relaxing and meditative side as well as the strengthening and sometimes challenging side of yoga by candlelight. Bring a mat and stay warm and relaxed during these courses. All skill levels welcome!

Instructor: Devann Sheuerman

Fee: \$72 per person – Resident
\$77 per person – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4619	18 & up	Aug 25-Sep 29	Mon	7:30-8:30 pm
Act#: 4620	18 & up	Aug 27-Oct 1	Wed	7:00-8:00 pm
Act#: 4621	18 & up	Oct 6-Nov 10	Mon	7:30-8:30 pm
Act#: 4622	18 & up	Oct 8-Nov 12	Wed	7:00-8:00 pm

Cardio Yoga Booty Ballet & Sculpt

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Participants need to bring yoga mat, water and 2 lb. weights. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$119 per person – Resident
\$124 per person – Non-Resident
(10-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4705 18 & up Sep 15-Nov 17 Mon 6:30-7:30 pm

Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 4623** One-Time \$8 per person – Resident
\$13 per person – Non-Resident

Act#: 4624 5-class package \$40 per person – Resident
\$45 per person – Non-Resident

Act#: 4625 10-class package \$72 per person – Resident
\$77 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

18 & up Ongoing Sat 10:00-11:00 am

Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!



"Benny" Grosso

Dog Obedience

For dogs at least 4 months old, this class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash.

(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.)

Instructor: Mari Quillman

Fee: \$65 per person – Resident
\$70 per person – Non-Resident
(8-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4626 Families Sep 3-Oct 22 Wed 6:30-7:30 pm

Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 per person – Resident
\$130 per person – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4627 Adult Sep 27-Oct 25 Beg Sat 12:30-1:30 pm

Act#: 4628 Adult Sep 27-Oct 25 Int Sat 11:15 am-12:15 pm

Act#: 4629 Adult Sep 27-Oct 25 Adv Sat 10:00-11:00 am



Dog Lure Coursing

Lure Coursing is a fast-paced, fun chase sport. Dogs run after a "bunny" lure (usually a white plastic bag) that is attached to a line that is controlled by a machine and a lure operator. The machine runs the line at the speed determined by the lure operator (and the dogs) and the dogs chase the lure. This is the only place in Orange County where your dog can participate in this sport!

Instructor: Erin Riley

Fee: \$125 per person – Resident
\$130 per person – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4630 Adult Sep 27-Nov 22* Sat 3:30-4:30 pm

***Class meets every other Saturday**

Help, I'm Overwhelmed with Photos!

Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn how to organize your photos, make beautiful digital scrapbooks and pages, as well as how to make fast traditional albums. You will have access to a FREE photo organization app as well as other organizational and digital tools. Please bring 10-12 photos with you to create a Simply Said Scrapbook in class.

Instructor: Kim Martin

Fee: \$25 per person – Resident
\$30 per person – Non-Resident
(1-day workshop)

Material Fee: An additional \$15 material fee is due to instructor

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4631 Adult Sep 18 Thu 7:00-9:30 pm

Simply Digital: Digital Scrapbooking

Are your photos stuck in your phone, hard drive or multiple social media pages? Are your photos in boxes and drawers all over your home? In this class you will learn step-by-step instruction on how to create beautiful digital scrapbooks, 12x12 page prints, invitations, cards, party favors and more!

Instructor: Kim Martin

Fee: \$25 per person – Resident
\$30 per person – Non-Resident
(1-day workshop)

Material Fee: An additional \$40 material fee is due to instructor

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4633 Adult Oct 16 Thu 7:00-9:30 pm

Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 per person – Resident
\$125 per person – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4635 18 & up Sep 8-Oct 29 Mon & Wed 7:00-8:00 pm

Act#: 4636 18 & up Sep 9-Oct 30 Tue & Thu 6:00-7:00 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 per person – Resident
\$125 per person – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 4637 18 & up Sep 8-Oct 29 Mon & Wed 6:00-7:00 pm

Act#: 4638 18 & up Sep 9-Oct 30 Tue & Thu 7:00-8:00 pm

Save time!



Register for our programs online at
www.online.activecommunities.com/lfreonline



City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____ First Name _____ ☐ Male ☐ Female
 Birthday _____ (mm/dd/yy) Email _____
 Street Address _____ City, State, Zip _____
 Preferred Contact Phone Number () _____
 Emergency Contact _____ Emergency Phone () _____

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees



If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: _____

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450



Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only Receipt# _____ Paid by Check# _____ Paid by Cash Amount _____ Initial/ Date _____ Conf _____

Credit Card Payments are not accepted at City Hall